

# WheyMeal™

Grass-fed Whey Protein Supplement



## BODY COMPOSITION



WheyMeal™ is a great-tasting, nutrient-rich, powdered meal supplement designed to help promote an optimal intake of protein, fats, and carbohydrates, and the vitamins and minerals required for overall health and wellness.\* This formula is intended to be used as a meal supplement as part of a balanced whole foods diet. The ingredients in WheyMeal™ make it ideal for individuals who may need support maintaining a healthy weight and body composition and to support lean muscle mass, especially in combination with resistance training.\*

WheyMeal™ is formulated with the highest quality ingredients, featuring a proprietary native whey protein concentrate from the milk of grass-fed dairy cows.

This method maintains a full range of the fragile immune-promoting components present in fresh raw milk.\* This unique production ensures that the whey is not subjected to temperatures that would destroy key health-promoting compounds.\* This superior protein source is derived from cattle herds that graze year-round on pesticide-free grass pastures in New Zealand. Milk from grass-fed cows has higher levels of conjugated linoleic acid (CLA) and contains a proper balance of essential fats. CLA is a fatty acid shown to be useful in supporting a healthy blood sugar metabolism and inflammatory response.\*

## Benefits\*

- Promotes lean muscle mass
- Promotes a healthy body composition
- Supports satiety after meals

## Recommended Use

Mix 36 grams (approximately 1 scoop) in 8 ounces of water per day or as directed by your health-care practitioner. WheyMeal™ may be blended in a shake if desired and it is not intended to be the sole source of calories, but rather part of an overall program of healthy eating. Best if consumed within 15 minutes after blending.

## Highlights

- Ideal as a meal supplement with 16 g of protein per 1-scoop serving
- Whey is instantized with sunflower lecithin (soy-free and non-GMO) that helps prevent foaming during blending and dissolves more easily in water, which helps improve its digestibility
- Methylated form of folate and vitamin B12 for increased bioavailability
- Minerals in chelated form for superior absorption in the body
- Glucomannan fiber added to support satiety and healthy blood sugar metabolism\*
- Two flavor options: Unsweetened Vanilla and stevia-sweetened Chocolate
- Does not contain sucrose, fructose, or artificial sweeteners
- Gluten-free, soy-free, and non-GMO

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.